



New Horizons Newsletter

"May the Lord show you His favor and give you peace." (Nu. 6:26)

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ADDRESSING FEAR IN YOUR LIFE

¹IN MY distress I cried to the Lord, and He answered me. (Psalm 120:1 AMP)

Have you ever felt "out of control?" Since the financial crunch started in October of 2008, our household has been undergoing major changes. It seemed as though every day was bringing new challenges for us to face. Some changes are small while others are quite large.

Some of the changes we put off. I think we were hoping God would make it all go away! Of course, we should have known better. God uses the issues of our life to mature us into perfect love.

One day, last week, there were so many different issues going on at one time that I felt my present situation was out of control. I sat behind my desk and said: *"Father, thanks for reminding me that I am not the one in control of my life. Here, I give to YOU these issues; I don't want them anymore!"*

It was as if I took a deep breath and exhaled the issues out of me. In that brief moment, I was unwittingly exercising "perfect love."



What is Perfect Love?

¹⁷ Love has been perfected among us in this: that we may have boldness in the day of judgment; because as He is, so are we in this world. ¹⁸ There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love. ¹⁹ We love Him because He first loved us. (1 John 4:17-19 NKJV)

It is a given that God's love for us is perfect. What God was reminding me that day was that each time I take the focus off myself (and my selfish nature) and place it onto HIM, I am exercising perfect love.

It is the union and communion with God that is perfect love. When I know that I have God inside of me, my belief is complete and made perfect - just what the doctor ordered.



The Meaning of Fear

The Greek word for *fear* in the above passage, is *phobos*. This is where we get the English word phobia. *Phobos* means fear or terror. When I am in perfect love - in union or communion with God - I cannot be tormented by fear or terror.

When we direct our attention to God through Jesus Christ our LORD, we are in perfect love.

Agape is the Greek word used for love in John 4; translated - *affection*.

Affection is "Greeting with a kiss," (Romans 16:16) and greeting with the heart - a merciful heart.

So, when I am stressed or fearful, all I need to remember is talk with God about how I am feeling. It takes about three minutes for upset feelings to calm down; that means it will help to keep the focus between you and God only.



All Fear is NOT Equal

There is another aspect of fear that I must discuss with you, and that is:

All fear is not equal.

About one fourth of our fear reactions come from our environment. This fear has much to do with our past experiences in recognizing present situations that remind us of the past unsafe environments - conscious or unconscious. Our reaction to this fear is most often determined by our perception and/or interpretation of the environment.

Another fourth of fearful persons will experience fear because of a chemical imbalance. They are most often born with a predisposition that needlessly triggers the limbic system of the brain to activate. The "fight or flight" chemicals are released causing an adrenaline burst for no apparent reason. This will often result in an anxiety attack or worse.

The third fourth are those who have an emotional or psychological abreaction to stressors in their lives. For example, this might be a trauma survivor or mental illness such as bipolar, schizophrenia, borderline personality, etc.

The final quarter of those who experience fear can be a result of a generational curse and/or demonic influences. Don't get excited, I don't believe that a Christian can be demon possessed. But, I do believe that a familiar spirit of fear can harass you into believing a lie (e.g. "I will never get well.")



The Spirit of Timidity

In scripture, all of the above listed types of fear can have one thing in common:

"For God did not give us a spirit of fear." (2 Timothy 1:7 NIV)

This word *fear* is a different Greek word from *Phobos*, the word we read in 1 John 4: 17-19.

In 2 Timothy the Greek word for *fear* is *deilia*, meaning *timidity or fear*. And, the word *spirit* can refer to an attitude or an entity such as a demon.^[1]

The Bible tells us that Satan is the originator of fear (Galatians 3:1-10).

Read what John Bevere^[2] wrote about fear and timidity: *"The origin of intimidation is fear, which has its root in our adversary, the devil . . . He will attack us by way of thoughts, imaginations and visions, or he will use circumstances and those under his influence to intimidate us. Either way, he has one objective: to control and limit us."*

In the Bible there are many examples of those gifted with incredible powers. But, at some point in their ministry, they became intimidated by the spirit of timidity (e.g. Elijah, Peter...).

I recognized last week that I was being attacked by intimidation and that spirit of timidity. I felt confusion, fear, invalidation, helplessness, powerlessness, and anger. Some may also feel shame, guilt, abandonment or rejection when under this spiritual attack of intimidation.

^[1] All the above Greek words and translations are taken from the Strong's Concordance.

^[2] Bevere, J., (2006) *Breaking Intimidation*, p 55, Charisma House, Lake Mary, FL

Elijah ran 75 miles to get away from Jezebel's threat to kill him. When Elijah finally stopped, God asked him, " *What are you doing here, Elijah?*" (1 Kings 19:9)

Thank God, through Jesus Christ, we are equipped to immediately turn our attention toward God, whose Spirit dwells within us, and receive direct instructions and almost instant peace.

God did not promise that HE will keep us from the lion's den or from life shattering events. What HE did promise was to walk with us through the lion's den and the life shattering events which will result in us coming out stronger and victorious.

Dr. Pierre J. Samaan

Charles Spurgeon once said: "I looked at God and HE looked at me, and we were one forever."^[3]



WE NEED PRAYER PARTNERS

&

FINANCIAL SUPPORTERS

Each year this ministry counsels hundreds of hurting souls. Some may only need a little advice while others require intensive Clinical Christian Counseling.

We need daily prayer partners who will dedicate a moment of each day to pray for the Clinical Christian Counselors and clients.

The need is greater than ever for financial assistance to continue seeing those who are desperate for help. You may not know this, but we do not turn away those who cannot give a donation for their counseling; we do not believe Jesus would either.

^[3] Watkins, R., (2001) *The Encyclopedia of Compelling Quotations*, p 301, Hendrickson Publishers, Peabody, Mass.

But, the fact remains, we have to pay our expenses. God blessed us with a \$5000 donation last year from Mt. Pleasant United Brethren Church in Chambersberg, PA; Senior Pastor Larry Little. Their mission's donation to this faith based counseling ministry helped us to end the year with expenses paid.

Would you please consider adding us to your budget for giving to this tax exempt counseling ministry?

